

# DICTIONARY OF CRYSTALS & THEIR PROPERTIES

## INCLUDING QUICK REFERENCE GUIDE

by Christine

Your commitment to the crystal is part of the healing process. Let the crystal do the work for you. It is best not to wear more than two crystals at any one time if you are new to crystal healing, as many find the effects too distracting. The length of time to obtain the effects desired will depend on the quality of the crystal (size, colour, energy charge), location worn, duration worn, and the crystal's appropriateness to your healing issue. Some crystals are better suited to the overall underlying problem than to just treat superficial symptoms. Select your crystal with an honest outlook on the problem.

### Quick Reference Guide

**Wear** your healing crystals in a medicine pouch (a pouch on a string) and tuck it down inside clothes or handbag. Try to select crystals that are relatively flat, and your pouch will go unnoticed. Place your crystals inside a small pouch and drop it into your breast pocket to help heal your Heart.

**For the office or workplace**, leave your stones out as decorative objects. If anyone asks, you can say you are a collector, or you are buying it for your kids as part of their geology class.

Keep your crystals loose inside your front pants pockets, and hold them for a while several times during the day.

**At night**, leave the crystals next to your bed or under your pillow. Remember to cleanse and recharge your crystals at least once a month.

#### Nine Stones for Stress

Amethyst  
Citrine  
Clear Quartz

Fluorite  
Garnet  
Hematite

Malachite  
Rose  
Quartz  
Turquoise

#### Crystals for Healing Relationship Issues

Amethyst  
Aquamarine  
Bloodstone  
Carnelian

Emerald  
Gold  
Jade  
Hematite  
Kunzite

Malachite  
Rose Quartz  
Ruby  
Rhodochrosite

#### Ten Crystals for Women

Amber  
Amethyst  
Apache Tears

Coral (red)  
Garnet  
Jade  
Jasper

Rose  
Quartz  
Smoky  
Quartz  
Sodalite

#### Ten Crystals for Men

(For men's issues eg: social isolation, stress-related, emotional health, intuition, communications, health issues, self-esteem, power and communication)

Amethyst  
Garnet  
Jade

Rose  
Quartz  
Smoky  
Quartz  
Diamond  
Hematite

Lapis Lazuli  
Malachite  
Moonstone

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## Chakra Correspondence

The Root Chakra, 1st chakra: red/black:	- lodestone, ruby, garnet, smoky quartz, obsidian, onyx.
The Spleen Chakra, 2nd chakra: orange:	- carnelian, coral
The Solar Plexus Chakra, 3rd chakra: yellow:	- amber, topaz, citrine
The Heart Chakra, 4th chakra: green:	- emerald, tourmaline, aventurine, malachite
The Throat Chakra, 5th chakra: blue:	- turquoise, aquamarine, lapis, sodalite, quartz
The Brow Chakra, 6th chakra: purple:	- lapis lazuli
The Crown Chakra, 7th chakra: clear:	- quartz, diamond, white amethyst

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## Crystals For Psychic Protection

Kunzite. Aegirine, Carnelian and Hematite

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## A

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Description: Black crystal.

### **AEGIRINE**



Uses: Utilisation of this mineral for energy generation is excellent. It acts to concentrate positive energy into an area and to interact with all who are present providing revitalisation, mental stimulation, concentration of healing energy for other minerals and unifying the group. Aegirine has also been used to remove emotional blockages and allow one to accept a state of sufficiency. It has been used to protect one from negative energy and psychic attack and to increase the amount of energy applied by other minerals in any healing situation. This beautiful black crystal should be called the 'crystal of acceptance'. It allows one to see the bigger picture in any situation. This black crystal is used to channel positive energy into group settings. It has been used to remove emotional blocks and to strengthen integrity and conviction. Physically, Aegirine is used to strengthen the immune system. Protects one from psychic attacks on all levels.

### **AMBER**



Description: Amber is fossilized resin from pine trees.

Uses: Excellent for purification and for the digestive tract. Can be useful for treatment of anxiety, memory loss, and indecision.

Chakra: navel, solar plexus, crown

### **AMETHYST**

Description: Purple colour stone varying in shade from light lavender to deep purple.

Uses: Balances emotions both on an individual level and between

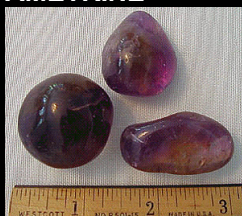


opposing personalities. Useful in healing all chakras especially the 3rd and 7th. Enhances dream states, meditation, and channeling. Increases spiritual awareness and is useful for mediation. Has the ability to transform negative energy into positive energy. Other crystals placed on amethyst are similarly cleansed. Can strengthen the heart, lungs and cleanses the liver.

Chakra: third eye, crown

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### AMETRINE



Description: Transparent shades of purple and gold.

Uses: A combination of Amethyst and Citrine, this stone is perfect for balancing the energies of your Third Eye and Solar Plexus Chakras. Charge the stone while visualizing your goal (for example, losing weight); see yourself at the ideal weight, fit and healthy, then carry the stone and draw upon its positive energy to enhance your willpower.

Chakra: third eye and solar plexus

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### APACHE TEARS



Description: Small dark smoky translucent obsidian pebbles.

Uses: Help to ease and release pain, anger and sadness, helping one to move on. Also good for inward contemplation. Gently unblocking the lower body. The name represents the tears shed by native American women after the death of loved ones at the hands of the white invaders.

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Description: Apophyllite crystals are clear to whitish crystals that grow naturally in pyramid shapes. Also comes in greenish and yellow colours.

### APOPHYLLITE



Uses: Apophyllite is an aid to meditation and helps make a conscious connection with the spiritual world. It has been used to help in firewalking and astral travel. It is said to help one see the truth and then act on it, and is an energy stimulator. Folklore says that they relieve tired eyes when placed on the eyelids. When placed on the third eye chakra, it enhances clairvoyance and mystical vision. Apophyllite is associated with the crown chakra. Promotes clear site and is useful for stimulating intuition, scrying and for seeing the future. It also promotes inward balance and is said to be the stone of self truth and for allowing ones truth to be shown to the world. It helps to release suppressed emotions and helps one to bear periods of uncertainty. With it's connection to the Akashic Records it also eases journeys into past lives. When used for scrying look into the crystal from the corner of your eye.

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### AQUAMARINE



Description: A clear light blue to greenish-blue stone.

Uses: Aids mental clarity and calms nerves. Wearing the stone can aid in coughs and fear. Using this stone will increase tranquillity, openness, protection, confidence, communication and intent. It is also useful for increasing empathic awareness. Physically it aids the immune system, lymph glands, heart and breathing allergies. Can also help one to sees other true intentions. Sunlight may fade this stone.

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Description: This deep blue to blue-purple crystal.

### AZURITE

Uses: Helps one to transforms ones fears into understanding. It is said to help one see the truth, reduce depression, anger and



abnormal cell growth. Aids in the opening of the third eye. Helps to improve one's psychic ability. Enables deep access to the subconscious and past lives and memories. The high copper content stimulates the thyroid, sinus, spleen, nervous system and is said to be good for skin cleaning, mental and etheric bodies.

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## B

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### B STONES



Description: Round grey to brown solid discs, with high iron content.

Uses: These should be used in pairs although due to the magnetic properties of these stones they should be stored apart, as they can neutralise each other but can be recharged, electrically, in sunlight.

Suggestion: Try holding one in each hand to help reduce pain. They have been known to accelerate the healing process.

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Description: Red flecks in a solid dark green stone.

### BLOODSTONE



Uses: This stone has many uses and is especially useful in the treatment of blood disorders, anaemia, haemorrhage, high blood pressure, blood clots, labour, circulation, cleansing the lungs and heart, bone marrow and reproduction. Also used for treatment of headaches. Stimulates the flow of energy through the body for healing, removes emotional blockages and is a talisman for warding off disease.

Chakra: root, heart.

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### BLUE CALCITE



Description:

Uses: Can be used for colon and liver cleansing when used in an elixir. Best wrapped in a light cloth when soaking in water so avoid loose shards being ingested. Is an effective sedative after a trauma. Useful for throat chakra.

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### BLUE LACE AGATE



Description: Pale blue opaque stone with white banding throughout the stone.

Uses: Blue agate relieves depression, helping to balance emotions and provides grounding. Provides calm to an active mind and helps to soothe tempers.

Chakra: Useful with third eye chakra area.

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## C

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### CALCITE

Description: Colourless (Iceland Spar), or white; grey; yellow; green; red; pink; orange; amber; honey; violet; blue; brown; or black. Transparent; translucent to opaque.

### Calcite – Clear



Uses: Brings cleansing, clarity and brilliance to all the chakras. Use clear/rainbow calcite when you want to bring about change, major or minor, in your life. Its brilliance allows you to wipe the slate clean, to start again. This shaft of pure cosmic light gives you new beginnings, free of all the old pain and sorrows. Clear calcite gives you the opportunity of bringing the Divine essence of the soul into all the levels of your being to facilitate deep soul healing. Clear calcite clears and activates all chakras and heals all conditions: it is a 'cure-all'. Used for detoxification, it is a crystal antiseptic. It also clears a room of negativity; the power of brilliance, iridescent rainbow light, will clear away old blocks and stagnation. It also makes an excellent gem essence, which is used as a 'cure all'.

### Calcite - Blue



Uses: Blue calcite can make you aware of the need for rest and relaxation. It is also a good crystal to help you release stress and anxiety. Soothing, calming, good for frayed nerves. Aids communication and enlightened discussion between individuals who may have opposing views. Treats throat, lungs and thyroid disorders. Blue calcite will lower high blood pressure and give relief from pain. Its soothing blue ray will gently release negative emotions. A gem essence is very helpful for people who may be prone to sore throats or tonsillitis.

### Calcite - Green



Uses: Green calcite works on the thymus, heart chakra, physical heart, shoulders, chest and lower lungs. This crystal restores stability to anything malignant. Malignancy is the result of cells that have accelerated out of control. Green calcite lowers this over-stimulation. It helps biliousness and is especially useful for ridding the body of infections of the lungs, throat and sinuses. This crystal is also useful for nervous tics and stammering and anyone suffering from severe neurosis.

### Calcite - Yellow



Uses: Joyful, agile and expansive. Activates the solar plexus chakra, which aids mental clarity and concentration. It will balance your will power, by the right use of your Divine will. Brings wisdom, honesty and expansion to the thought processes. Its energy is penetrating and cleansing. Cleansing means healing. Yellow calcite is the great eliminator, thus it can aid digestion and cellular regeneration. As a gem essence it is very uplifting and will energise your whole system.

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Description: Orange mostly clear stone with white and/or brown bands.

### CARNELIAN



Uses: Aids health, long life and good fortune. It is said to help one fulfil ones innermost wishes if worn near the heart. Warming and cleansing the blood and kidneys this stone works well in the orange and yellow Chakras. This stone can also be used to stimulate appetite, passion, sexuality, emotions, physical energy and the reproductive system. As well as a stimulant this stone can be used against menstrual cramps, arthritis and diseases of the kidneys, gall bladder and pancreas. This stone can also assist with respiratory problems such as hay fever and other problems bought on by allergies. Must be cleansed regularly if worn.

### CHIASTOLITE

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Description: Chialstolite is a variety of Andalusite, also knows as the "Cross Stone" because of its cross pattern of different colours that occurs naturally. It exhibits the axis and angle in a different colour from the rest of the crystal forming a natural cross.

Uses: Chialstolite can enhance spiritual awareness and harmony, as



well as practical creativity. Chialolite is used for healing rheumatism, blood disorders, veins, blood circulation, balance of blood pressure, lactation and rheumatism. It can turn dissention into harmony and can be helpful to balance one's perceptions during times of change and instability. This powerful crystal balances one's perspective in both creativity and practicality.

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### CHRYSOCOLLA



Description: Solid green to blue green crystal.

Uses: Very soothing and gentle. Good for the heart chakra. Helps to release stress and balance emotions. Strengthens the lungs and thyroid. Helps to reduce anger, fear and stress and increases our capacity to love others. Can be used to help diseases of the blood.

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### CHRYSOPRASE



Description: Bright green translucent stone.

Uses: An uplifting stone useful to help ease depression and address emotional or sexual imbalance.

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### CITRINE



Description: Yellow to dark yellow crystal.

Uses: Helps to eliminate toxins from the body. Diminishes self-destructive tendencies. Attracts abundance. Encourages both mental and emotional healing, helps to unblock subconscious fears, a natural relaxant. Can be used in the solar plexus area to promote mental and emotional clarity. Citrine is said to also be useful in reducing anxiety, depression, fear, stomach tension, food disorders and allergies. Another good application of this crystal is said to be the detoxification of the kidneys, liver, spleen, urinary system and intestines. This crystal is liable to change colour if exposed to sunlight for long periods of time. A stone bringing happiness.

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## D

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### DIAMOND



Description: Clear stone.

Uses: Enhances the dream state, helps alleviate stress, balances polarities, and increases healing ability. Diamond intensifies and activates one's internal energies through its purity of vibration. The better the quality of Diamond, the better one's own personal qualities and actions. When freely given, Diamond power becomes activated and can be used for manifesting abundance and increasing personal self-esteem. It is a token of one's love to another, and both enhances and radiates the beauty of the wearer.

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## E

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### EMERALD

Description: Green stone.



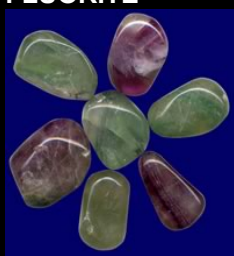
Uses: Promotes creativity, stimulates perception and insight, strengthens memory. Beneficial effect on the eyes. Transmits balance, healing and patience, increases psychic and clairvoyant abilities.

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## F

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### FLUORITE



Description: Green blue violet banded stone in various shades and intensities.

Uses: Good for nervous disorders. Helps to increase ones IQ. Fluorite is a powerful spirit guide. Charge on windowsill at night. This crystal is found in many of the colours of the rainbow and is an important healer and balancer. Fluorite opens the heart, throat, third eye and crown Chakras. It is said to be good for the spleen, teeth, lungs and bones, physically. The green colour is said to be good to still the mind and heart while harmonising and recharging the Chakras. Clear and purple helps with uplifting the aura and can be good for the sinuses and the eyesight, whereas blue is beneficial to the nose and throat area. Lavender helps to bring serenity and peace, finally rainbow helps to focus the mind and can be used when studying or when at work and is best placed on the desk. Sunlight can fade this crystal.

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## G

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### GARNET



Description: Red or yellow glass like stones.

Uses: Useful for past life memory recall, stimulates happiness, peace, balance. Red garnet works well with the first and second Chakras, warming and energising both emotionally and physically. It also said to be helpful with exhaustion, low blood pressure, detoxifying and strengthening the blood. Yellow-green garnets are said to be good for cleansing the digestive areas. When you feel a bit lost or abandoned in the chaos of daily life, Garnet helps to provide the needed grounding and empowering to become more decisive and committed to a direction. Garnet is well-known for enhancing and regenerating one's sexuality (the physical aspects).

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### GOLD



Description:

Uses: "A Master Healer". Gold symbolizes the purity of spirit. Activates one's highest potential. Promotes inner beauty and energy. Purifies negative energy. Lessens the traumatic experiences of one's learning of lessons. Helps eliminate feelings of inferiority, depression, anger, and the sense of overwhelming responsibilities.

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# H

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## HEMATITE



Description: Dark grey, black shiny lustrous stone.

Uses: Hematite absorbs negativity and calms emotions. It is an excellent grounding stone and works to cut off unwanted influences from the astral plane. Useful for treatment of diseases of the blood and circulation. Helps one to adapt to changes. Often used by people involved in spiritual work as it dissolves negative energy and works as a shield of protection for any person or thing. Hematite reflects negativity back to the sender, so you don't end up with someone else's stress.

## HOWLITE



Description: Naturally white stone with grey lines. Sometimes dyed blue and sold as turquoise.

Uses: Gently absorbs and relieves tension. Brings peace, gentleness and patience to the heart. Good for teeth and bones as it is high in calcium.

# I

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# J

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## JADE



Description: Green stone of varying intensities depending on country of origin. African jade often being darker and Imperial jade often being brighter.

Uses: Known to bring good fortune and health. It has been known to attract love. Relaxes and soothes the mind. Cleanses and balances kidneys, spleen, liver, pancreas, stomach & colon. Jade is also a protective stone, guarding against accidents and misfortune.

## JASPER



Description: Jasper comes in many shades, patterns, colours and varieties.

Uses: Safeguard personal independence, said to bring inspirational warnings when there is danger of unfair domination from others. Balances emotions and stress. Aids in all intestinal tract troubles and infections. Jasper comes in many colours. All colours of Jasper will help balance the vibrations of the body. Jasper is slow to show a change to the person, but is such a basic "good" stone that one should always have it on hand. Rainbow jasper is said to ease





emotional stress. Carry rainbow jasper and feel relaxed and secure. Putting a rainbow Jasper in a glass of water for 3 days and then drinking the water is considered a tonic for good health. Jasper gives one the courage to speak out and have personal independence. It also protects from fears in the night. Red jasper is thought to help balance the energy in the body. All jaspers help balance the emotional energy in the body.

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## JET



Description: Black very light weight stone.

Uses: Used for protection, to alleviate nightmares, for good luck, helps dispels fearful thoughts. Protects the wearer from illness and violence, calming agent, diminishes depression, helps to treat migraines, epilepsy, stomach pain and colds.

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## K

### KUNZITE



Description: This stone has beautiful vitreous lilac to pink color.

Uses: It acts in the heart chakra and can be used to bring forth peace, love, compassion, trust and security. It also aids in communication, helping one speak from the heart. It is relaxing and grounding, strengthens self-esteem, helps to assimilate life-force energy and to be creative. Dissolves negativity. Assists one in attaining deep meditative states. Also stimulates intuition & creativity during meditation. Can be used to strengthen & reinforce the physical heart muscles.

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### KYANITE



Description: This crystal has a linear growth and is normally light blue and quite splintery.

Uses: It is said to enhance psychic images, meditation, tranquillity and communication. Can be used to open third eye and throat chakras. If placed on the third eye chakra it can often answer questions visually. Green Kyanite corresponds to the Heart Chakra and Black Kyanite corresponds to the Root Chakra.

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## L

### LAPIS LAZULI



Description: Lapis Lazuli is a beautiful deep blue stone, although its exact colour varies because it is a mixture of minerals whose proportions vary. It has been known since ancient times, its name coming from a Persian word lazward meaning blue, and its historical source being high in the Badakhshan mountains in north-eastern Afghanistan where it has been worked for over 6,000 years. It is opaque and slightly soft, therefore is almost always cut en cabochon,

or as beads, rather than being faceted.

Uses: One of my favourite stones. Stimulates wisdom, truth and psychic experiences. It is very healing and strengthening when worn near the skin. It strengthens the mind and body to a more spiritual awareness. It stimulates mental clarity and emotional healing. It is a very powerful stone for those sincere in spiritual development. It helps to develop psychic abilities and aids in communication with higher selves and spirit guides. Excellent for the throat chakra and the third eye chakra. Useful in communication issues and the treatment of throat tumours. Can be used in meditation, where it is said to open the brow Chakra for connection between the physical and celestial planes, intuition and connection to a higher self. This crystal is also said to help ease anxiety, insomnia, restlessness and shyness. Physically it can help with the nervous system, MS, hearing, speech and is good for headaches, this stone has also been associated with protection.

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### LEPIDOLITE



Description: Lavender coloured mica with whitish silver flecks.

Uses: Lepidolite is not technically a gemstone, but a very beautiful purplish type of mica. It is referred to by healers as the Peace Stone. It encourages independence for setting and attaining goals inconspicuously. It provides protection from outside influences. Relieves every day stress, and promotes restful sleep when placed near your pillow. Attracts good luck to those who carry it, and drives away negativity. When used with rose quartz, it becomes a stone of reconciliation of love. Lepidolite can be laid directly on painful parts of the body. It helps with nerve pain, sciatica, neuralgia and joint problems. It is useful in the treatment of depression.

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## M

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### MALACHITE



Description: Deep Green with distinctive Dark to Light Green swirls and bands.

Uses: The deep forest green of Malachite is symbolic of the deep healing and cleansing this stone provides. It can aid in breaking down old patterns, whether emotional (stuck patterns of behaviour) or physical (tumours, swollen joints, muscular). Malachite stimulates clear vision and insight. This stone supposedly has equal amounts of negative and positive forces, thereby adding to the balance of physical and spiritual life. Used to release repressed emotions and for physical detoxification. Malachite is high in copper and should not be used in elixirs. It is said to strengthen the heart, reduce stress, and help sleeplessness. It also seems to be a good stone for grounding excess energy, so if you are overwrought, or hyperactive, an amulet of malachite may be just the thing to calm you down. Malachite absorbs negative energy excessively, so if you wear it or have specimens or decorative items made of malachite around cleanse them often. It also helps to reveal subconscious blocks.

Chakras: heart, solar plexus.

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### MOLDAVITE

Description: It has a relatively dull greenish exterior with a deep



clear green interior. This crystal was formed by a meteorite strike about 13 million years ago. Moldavite (named after Moldau, Czech Republic) belong to the Tektite group: formed from condensed rock vapours after being hit by a meteorite.

Uses: This stone is said to aid communication with other sentient beings, such as humans, whales and dolphins. Physically it can help with asthma and can be beneficial to epilepsy sufferers, helping ease emotional intensity, placed under the pillow it aids telepathic access to spiritual laws. A very powerful crystal that can make some feel quite light headed, so grounding after use is recommended, especially before driving. It is not recommended that this crystal be cleansed with salt.

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### MOONSTONE

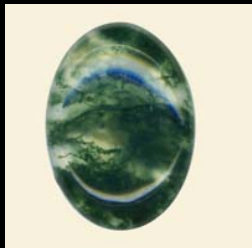


Description: There are two moonstones. Adularia moonstone is an almost transparent pale grey or silvery white or blue shimmer. It is mainly found in Sri Lanka, Burma, India and Madagascar. Albite moonstone is in the feldspar group. It is semitransparent with a pale, shimmering reflection. It may be a little dull. It comes mainly from Canada. It can also come in beige, peach, brown and on rare occasions green.

Uses: It is useful for bringing forward memories of past lives. It promotes unselfishness and clarity. This stone is said to help women's hormones and menstrual imbalance, also soothing stress and anxiety. Moonstone can also increase sensitivity and intuition providing emotional balance and gracefulness, helping put us in touch with the gentler more feminine side of nature. A very good stone for water signs. It can reunite lovers who have quarrelled. Moonstone is also considered a good luck stone. It is said if you give your lover a moonstone necklace when the moon is full you will always have passion between you.

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### MOSS AGATE



Description: These stones are a translucent dirty-grey with tendrils of green moss seen throughout its depths. Moss agate appears to have a growing plant inside. The green pattern is actually an inclusion of hornblende, called a dendrite, meaning tree-like. Can come in green, brown, blue and red.

Uses: It aids in the restoration of energy, and is widely used in healing. It is believed to bring the wearer happiness, wealth, health, and long life. It increases ability to ward off self-induced anger and inner bitterness. Moss green - balances emotional energy. Moss red - balances physical energy. Blue lace - gives tranquillity.

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N

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O

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## OBSIDIAN

### OBSIDIAN - Black



Description: Stone with a glass like appearance. Can be black, green and blue in colour.

Uses: Black obsidian is also known as Wizards Stone, it is said to hold back negativity. Due to it's benevolence it is impossible to misuse this stone. As it only facilitates positive energy. When shaped in the form of an egg it is said to be very powerful as it draws upon itself, infinitely. This is said to be the stone for all psychics. Hold a piece over your ear and listen carefully, you may become clairaudient. It makes an excellent crystal for scrying work. Some think it's what Nostradamus made his concave mirror out of. Black obsidian can also be used for protection, especially in your spiritual studies.

### OBSIDIAN - Blue



Uses: Hold this crystal when studying or listening to a language tape. Feel it opening your awareness to the words and their meanings. Then carry it on your person when you may be expected to have an intelligent conversation. This crystal can also be used in the studying and playing of a musical instrument.

### OBSIDIAN - Green



Uses: This stone is good to have around other crystals as it provides energy to them and can be used to heal dropped or damaged crystals.

### OBSIDIAN - Snowflake



Description: Black in appearance with white ash in snowflake patterns.

Uses: So many times we get caught carrying other people's baggage and we begin to believe we own it. Snowflake Obsidian helps us to let go of unwanted energies that undermine our true self. Use this crystal to get back you self worth and confidence. It works especially well for those who have go thru a bad divorce or have been laid off from work unexpectedly.

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## ONYX



Description:

Uses: Ideal to aid objective thinking, spiritual inspiration, control of emotions, helps eliminate negative thinking, apathy and stress. May provoke disharmony-use when you need to end an unpleasant relationship.

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## P

### PERIDOT

Description: Translucent green stone.



Uses: Disperses fears, guilt, and depression. It can be used to counteract negative emotions and to promote healing of the spirit. It offers protection, prosperity, calm, and balance. Used, in Ancient times, by the Aztecs, Egyptians and the Incas to purify the heart Chakra. This stone is said to physically help the lungs, lymph glands and breast, although the more yellow coloured can also help the solar plexus Chakra. This stone is also said to help ease anger, anxiety, depression and fear by helping us recognise negative patterns in our lives and surroundings.

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### PIETERSITE



Description: Ranges from White, Blue, Black, Gold and Red.

Uses: This beautiful chatoyant stone has been said to assist one in recognizing the beauty of the soul. Gives one courage to create and maintain beauty. Healing to the endocrine system. Pietersite is a wonderful choice for building self esteem and image. It boosts one's moral and teaches pride. Great for artists who feel their work is not good enough to show. A good choice for teenagers who feel they are un-worthy. Let them know that they are loved and very important. Another healing stone that should be in everyone's healing kit.

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### PYRITE



Description: Metallic gold usually forms as a cube with fine ridges (striations) on the crystal's faces.

Uses: Enhances mental capacity and attracts money to its owner. Has a protecting, shielding aspect for physical, mental, emotional levels. Shields from negative energy, strengthens circulatory system, clears oxygen in the blood. Also known as fool's gold. One of the best grounding stones available. Can also be used against depression and where there is a lack of clarity about people or situations.

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## Q

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### QUARTZ



Description: Pure quartz is clear; impurities may give it colour. Coloured quartz is usually known by other names; Yellow to orange: CITRINE, Purple: AMETHYST, Pink: ROSE QUARTZ, Brown to Gray: SMOKEY.

Uses: Quartz is used to amplify all healing energy offered by other crystals. It is useful to help draw out pain. It is often worn to protect against negative vibrations. Needs to be cleansed regularly. Quartz has been known to balance emotions, stimulate brain function and amplify thought forms. It activates all levels of consciousness. It can aid meditation and communication with the higher self and spirit guides. Quartz has been associated with many more healing instances. The few mentioned here are only a very brief indication as to the use of quartz.

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## R

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## RHODOCHROSITE



Description: Rhodochrosite comes in a variety of shades from bright red to soft shades of pink, and opaque forms with swirling patterns.

Uses: Promotes unconditional love and forgiveness, protection from the evil eye. This stone is wonderful for the heart chakra and is more powerful than rose quartz. It is said to ease loneliness, loss and heartache. It is also said to be helpful in treating stomach ailments (anxiety), food addictions, anorexia and can be used to detoxify the blood, it is even believed to help with cancer. It is an overall rescue stone, cleanses liver, kidneys of toxins, good for adrenal glands, colds, upper respiratory problems, asthma, digestive problems. Physical and emotional healer. It also helps to improve long term memory.

Chakra: Heart, Solar plexus.

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## RHODONITE



Description: Pink stone with black lead content.

Uses: Helpful to alleviate anxiety and unrest. Promotes calm and confidence. Improves memory. Helpful in the treatment of throat infections, heart disorders. Rhodonite raises self worth and helps ward off negativity due to it's lead content. It has been known as a rescue stone.

Chakra: root, heart

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## ROSE QUARTZ



Description: Pink stone in varying shades from very light to very bright.

Uses: Worn or carried for love and peace. Aids intuition and emotional balance. Useful in managing tempers. Helps heal emotional pain, enhances love, self-love, and promotes a positive outlook. Helps clear stored anger, resentment, guilt, fear, and jealousy. This stone eases loss, stress, hurt, fear, low self-esteem and low confidence by gently warming and soothing the heart Chakra. Due to its gentleness it is said to be helpful with headaches, but should be cleansed and recharged often, especially if it starts to fade. It is said washing the face in water charged by rose quartz will help fade wrinkles and keep the skin young.

Chakra: Heart

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## RUBY



Description: Red stone.

Uses: Ruby is the stone of dignity, charity and divine power. It increases vitality and cleanses the blood. It is also the stone of courage. It helps to alleviate grief to those mourning.

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## RUTILATED QUARTZ



Description: Clear with ribbons of silver or gold.

Uses: Said to stimulate brain functions, cleanse arteries and increase clairvoyance. It also transmutes negative energy. Can lead you in positive new directions to achieve your goals.

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# S

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## SAPPHIRE



Description: Blue stone.

Uses: Promotes spiritual enlightenment, inner peace, and acts as an anti-depressant. Said to aid psychokinesis, telepathy, clairvoyance and astral projection. A close relative to ruby, this stone is good for communication, insight, intuition and inspiration.

Chakra: throat and third eye

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## SELENITE



Description: Clear, Semi-transparent with fibre optic qualities.

Uses: This is a good healing stone as it conducts energy and light very well. Selenite makes a good worry stone. You must not soak it to clear it, as it will turn into a lump of jelly. It can be used at Crown Chakra to draw spirit nearer for consultation. You might also try keeping it with your tarot cards and then rubbing it prior to a reading. Helpful in past life work.

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## SMOKY QUARTZ



Description: Light to dark smoky clear quartz.

Uses: Said to increase fertility and balance sexual energy. Enhances dream awareness and channelling abilities. Excellent for meditation. Strengthens adrenal glands, kidneys and pancreas. Relieves depression, mildly sedative. Helps to reveal true purposes and true intent.

Chakra: root, navel, and solar plexus.

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## SODALITE



Description: Dark blue stone with white lines.

Uses: Helps to awaken the third eye. Aids in truly understanding a situation. Cleanses the mind. Strengthens metabolism, balances male/female polarities. Slightly sedative, grounding, calms and clears the mind. A good stone to put near a computer, as it believed to be good for background radiation. It is said to be good for the bodies energy level balance, working through both the pituitary and thyroid glands. Also good for drawing out infections, blood pressure, blood sugar, sinus inflammation and combating insomnia.

Chakra: throat, third eye.

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## SUNSTONE



Description: Shiny orange, brown to red with a golden spangled effect.

Uses: Sunstone is a powerful stone for dispelling fears and phobias of all kinds. It is also a leadership stone, and brings leadership qualities to its wearer. In addition to dispelling fears and phobias, sunstone also decreases stress and lifts depression. Sunstone also brings good luck and abundance, and turns negative energies and psychic attacks into positive energies. This stone increases personal power and will, as well as life force energy. Sunstone is also said to be helpful in contacting animal or spirit guides. Physically, sunstone is

beneficial for general health, physical energy, sexual dysfunction, increasing sexual energy.

Chakra: Sunstone is associated with the sacral chakra.

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### **SUPER SEVEN**



Description: Stone can be clear to dark coloured in degrees and variety.

Uses: Super Seven, also known as Melody's Stone or Sacred 7, is a very spiritual stone. It is one of the few stones that retain their energy and clarity and never needs cleansing or energizing. Also, a piece of Super Seven retains the properties of all the stones in the combination of amethyst, smoky quartz, clear quartz, rutile, goethite, lepidochrosite and cacoxenite, even if the piece does not visibly show all 7 minerals. Super Seven is excellent for enhancing all types of psychic abilities and psychic skills including telepathy, clairvoyance, clairaudience, channeling, telekinesis, and others. It is a powerful stone for crystal healing, and is excellent for healing mind, body, and spirit disease. Super Seven is not associated with any one chakra, but is reportedly fantastic at healing, balancing and energizing all seven chakras.

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## T

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### **TIGER EYE**



Description: Attractive mix of yellows, golden browns and very dark browns with the variations and shimmer typical to a Tiger Eye.

Uses: Protects from external stress, helps one to focus. Enhances self confidence. Good for digestive system, spleen and colon. A good all round prosperity stone. This stone is said to amplify thinking, psychic powers and separate thoughts from feelings. Physically it is good for the stomach, the skeletal system and ulcers (by reducing anxiety). Tiger Eye is a powerful Solar Plexus Chakra stone, helpful in manifesting ideas into reality and giving courage in times of change. Tiger Eye enhances psychic abilities and balances the lower Chakras. It attracts abundance and can also stimulate the rise of Kundilini energies.

Chakra: navel, solar plexus

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### **TOURMALINE**



Description: Clear stone, can come in varying shades from very light to very dark greens, reds and tri colour much like watermelon, through to black.

Uses: Lifts fears and negative conditions. Causes the wearer to be flexible, understanding and more objective in purpose and reason. It has both electric and magnetic properties. Works as protective shield, consumes negative energy without releasing it into the atmosphere, has to do with visions and "seeing" with compassion, teaches one to expand limited concepts of thinking. As this crystal comes in many different colours it is suitable for each of the Chakras. Black deflects negative energies, neutralises fears, neurosis and intestinal or spinal blocks.





## TURQUOISE



Description: Blue green stone with dark grey, black lines.

Uses: Also known as The Master Healer and is said to be beneficial to any physical ailment. Protects against environmental pollutants, strengthens the anatomy and guards against all disease. It attracts abundance. Turquoise has one of the longest and most interesting histories of the gemstones. Turquoise carries great wisdom of basic truth within it. It is one of the oldest stones known. Ancient absorber of "negativity". This is a stone that a person must learn to attune to instead of the stone attuning to the person. It is important that the owner of a Turquoise give it the proper attention. Considered by the native Americans to be a sacred stone of luck and protection, its high copper content makes this stone an excellent overall healer. Performs best with silver. This stone is a very personal and meaningful stone to one who wears it. Turquoise takes on the characteristics of the owner. Turquoise helps us communicate clearly what we want, and to then be able to communicate our desires to others in a way they can understand.

Chakra: throat

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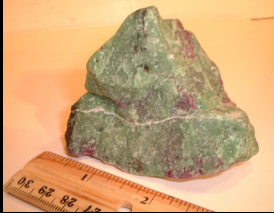
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Z

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**ZOISITE (WITH RUBY)**



Description: A green stone with black specks, sometimes so many that the whole stone appears black, with ruby included within.

Uses: Said to be good for fertility by making the male and female sexual organs healthier, also strengthening the heart and reproductive Chakra.

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